

Activities for Adults (50+ Years)

Registration begins August 14; classes begin the week of September 5, unless otherwise noted within class descriptions.
No class November 10, 23, 24. To view a list of class location abbreviations, see page 2.

The activities and classes below are designed specifically for Adults (50+ Years). Additional offerings for adults may be viewed in the Adults (18+ Years) section.

Cahill Senior Center

715 West 5th Street
480-858-2420
www.tempe.gov/cahill

The Dennis J. Cahill Senior Center offers a fully-equipped fitness room, computers with Internet access, luncheons, classes, movies and special events for adults ages 50+.

Facility Hours:

Monday – Friday, 8:30 a.m.-2:30 p.m.

Facility Closures:

September 4, November 10, 23 & 24

Weekly Activities

Exercise Class	M	10:30 a.m.
\$1 Appetizers	M	noon
Bingo*	M	1 p.m.
\$3 Lunch before Bingo	F	11:30 a.m.
Bingo*	F	1 p.m.

*Card sales begin at 12:30 p.m.

Please refer to the Roadrunner Chronicle newsletter, or call 480-858-2420, for more information. Join the RTA (Retirees of Tempe Advisory Group) for event discounts.

Escalante Senior Center

2150 East Orange Street
480-350-5870
www.tempe.gov/escalante

The Escalante Senior Center is operated by Tempe Community Action Agency (TCAA) with programming Tuesday through Friday for adults 60+. TCAA along with a partnership with AmeriCorps offers the Health and Wellness program every Tuesday and Thursday. Tuesday classes include exercises using weights, bands and balls. Thursday classes include both Tai Chi and Yoga. During the months of January, February, and March AmeriCorps will be teaching the evidenced based class Geri-Fit and a class on Pain Management. Monthly health related programs are presented by Certified Health Providers. Cooking demonstrations including information on good nutrition and physical exercise from the Eat Smart/Live Well program are presented on Wednesdays each month.

Other activities include the lunch program, Bingo, Crafts, Field Trips, Garden Club, Readers Theater, Walking Club and Seasonal Celebrations. Call ahead for detailed information about the programs and registration. 480-350-5872

Facility Hours

Tuesday-Friday, 8 a.m.-3 p.m.

Facility Closures:

September 4, November 10, 23 & 24

Weekly Activities:

Lunch Program	T-F	11:30 a.m.
Exercise Classes	T/Th	10:30 a.m.
Bingo	T/Th	12:30 p.m.
Walking Club	W	9 a.m.
Cooking/Nutrition Class	W (1st & 3rd)	10:45 a.m.
Garden Club	W (2nd & 4th)	10:45 p.m.
Readers Theater	W	1 p.m.
Crafts	W	1 p.m.
Breakfast	F	9 a.m.
Friends Day Friday	F (1st & 3rd)	9:30 a.m.
Special Activity	F (2nd & 4th)	9:30 a.m.

Pick up a newsletter to view upcoming activities or Like us on Facebook: https://www.facebook.com/TCAA_Senior_Centers

Special Events for Adults 60+

Mexican Independence Day

Join us at Escalante Senior Center for the Annual Celebration of Mexican Independence Day. There will be dancing to the music of a Marachi Band and Ballet Folklorico Dancers, Tornosol, will perform. Lunch will be catered by Rosita's Fine Mexican Restaurant. The party will conclude with the breaking of a Pinata
No Code 60 yrs+ F 9/15 9:30 a.m.-1 p.m.. ESCA

Halloween Party

Come dressed in your favorite Halloween Costume and win a prize. There will be music for dancing, special treats, games and a delicious lunch.
No Code 60 yrs+ T 10/31 9:30 a.m.-1 p.m.. ESCA

Thanksgiving Party

Join your friends for a traditional Thanksgiving Dinner with all the trimmings. There will be a coloring contest, crafts you can take home, music and sharing stories from past Thanksgiving celebrations with family and friends.
No Code 60 yrs+ F 11/17 9:30 a.m.-1 p.m.. ESCA

Activities for Adults (50+ Years)

North Tempe Senior Center

1555 North Bridalwreath Street

480-858-6510

www.tempe.gov/northtempe

The North Tempe Senior Center is operated by the Tempe Community Action Agency (TCAA) for adults 60+. The Center offers billiards, books, magazines, TV, playing cards and a collection of board games. Programming includes lunch three days a week, art and crafts, games, special events, chair exercise and Bingo. Each month there are nutrition, health education and community awareness talks. For more information, stop by the center or call 480-858-6512.

Facility Hours:

Monday – Friday, 8 a.m.-3 p.m.

Facility Closures:

September 4, November 10, 23 & 24

Weekly Activities

Walking Club	M-F	7:30-9:30 a.m.
Silver Sneakers	M/W/F	9:30 a.m.
Chair Exercise	T	9:30 a.m.
TCAA Congregate Lunch	T/W/Th	11:30 a.m.
Bingo	M	12:30 p.m.
Mahjong, Bunco, Games	T/Th	11 a.m.
Art for Beginners	Th	10:30 a.m.-noon
Eat Smart, Live Strong Program	M	10:30 a.m.

Volunteer Opportunities

TCAA is actively recruiting volunteers to assist with the Home Delivered Meal Program. Contact the front desk for information on how to volunteer. 480-858-6510.

Home Delivered Meal Program

Tempe Community Action Agency (TCAA) at the North Tempe Multi-Generational Center operates the Home Delivered Meal (HDM) program that serves meals to home bound elderly and disabled individuals in Tempe and South Scottsdale. Participants can be referred to the program by the SENIOR HELP LINE @ 602-264-4357. TCAA also offers a private pay option for HDM. Meals are delivered Monday-Friday between 9:30 a.m. and 12:30 p.m. If you would like more information, please call the front desk @ 480-858-6510 or visit TCAA's Website at www.tempeaction.org.

Classes and Special Events for Adults 60+

American MahJong

This game of skill and chance will improve your memory and spark new friendships. The Fundamentals and terminology are taught during practice games. Please purchase a current National MahJong League card. Fee: None. 480-858-6512

No Code 60 yrs+ M/T/Th 7/31-11/30 11 a.m. NCC

Art for Beginners

Class will be taught by a retired art instructor. Learn about art and art theory. Fee: None. To register, call 480-858-6512

No Code 60 yrs+ Th 9/7-11/30 10:30 a.m. NCC

Eat Smart, Live Strong

Taught by Chef Roy, this class includes exercise, instruction on healthy food choices, as well as a cooking demonstration with samples. Fee: None. 480-858-6512.

No Code 60 yrs+ F 8/4-11/17 9 a.m. NCC

Special Event; Country Music at Its Best

Join us for some good old Country Music. Ronnie Hazelett is back to entertain us with his fantastic voice and music. Fee: \$3.50.

Includes lunch. To register, call 480-858-6512.

No Code 60 yrs+ W 8/16 10:30 a.m.-noon NCC

Special Event; Polka Music

Bob Doszak is here to entertain us with Polka music on his accordion. Fee: \$5. Includes lunch. To register, call 480-858-6512.

No Code 60 yrs+ W 9/6 10:30 a.m.-noon NCC

Special Event: Circus at North Tempe Multi-Generational Center

The Circus is coming to North Tempe Senior Center. There will be juggling, belly dancing and, of course, an aerial show. Pizza Hut and Spinato's Pizza will provide pizza after the show. Don't miss out on the fun. Fee: \$8. To register call: 480-858-6512.

No Code 60 yrs+ W 10/18 11 a.m.-12:30 p.m. NCC

Special Event: Thanksgiving Dinner

Join us for a traditional Thanksgiving Dinner. Fee: \$3.50.

480-854-6512.

No Code 60 yrs+ F 11/17 11:30 a.m. NCC

Pyle Adult Recreation Center

655 East Southern Avenue

(SW Corner of Rural and Southern)

480-350-5211

www.tempe.gov/pyle

The Pyle Adult Recreation Center is a recreation facility for adults, ages 18 yrs+. Classes and programs for adults are offered through the brochure at this facility. The facility has a multipurpose room, dance room, billiards room, fitness room and six meeting rooms.

Facility Hours

Monday-Thursday	8 a.m.-9 p.m.
Friday	8 a.m.-5 p.m.
Saturday	9 a.m.-4 p.m.
Sunday	Closed

Facility Closures:

September 4, November 10, 11, 23, 24 & 25

Activities for Adults (50+ Years)

Retirees of Tempe Advisory (RTA)

The Retirees of Tempe Advisory (RTA) is a group sponsored by the City of Tempe Community Services Department and the Pyle Adult Recreation Center. The RTA advises Pyle staff regarding programs and events for those 50 years and older. RTA membership is \$5 per year and provides members with discounts on lunches and other special events and activities. To become a member, you must apply in person at the Pyle Adult Recreation Center's front desk.

Weekly Activities

Lunch Program	T	11:30 a.m.
Needlewielders	T/Th	9 a.m.-noon
Senior Songbirds (Sept.-May)	W	9:30 a.m.
Looney Tooner Kitchen Band (Sept.-May)	M	9:30 a.m.
Bingo	W	1 p.m.
Bluegrass Jam Session	W	12-2:30 p.m.
Special Events-Call for details.	Th	11:30 a.m.
Current Events Discussion Group	Th	1 p.m.
Bluegrass Jam Session	F	9:30 a.m.-noon
Various card groups throughout the week		Times Vary

Fees for the above programs are minimal and vary by program to cover costs of the program. If you have questions about any of the programs or classes offered for adults 50+ years, call 480-350-5211, or view the Roadrunner Chronicle at www.tempe.gov/pyle.

Arts & Crafts

Acrylic and Oil Painting

Instructed by Donna Levine, this course in Acrylic and Oil Painting includes composition, color theory and basic painting techniques. Class requires additional materials; please bring materials to the first class. For a list of supplies, visit www.tempe.gov/pyle or the Pyle Center Front Desk. *No class 11/20. **No class 11/22. ***No class 11/23. 480-350-5211

55338	50 yrs+	M	9/11-10/16	9 a.m.-noon	\$39	PAC
55339	50 yrs+	W	9/6-10/18	1-4 p.m.	\$46	PAC
55340	50 yrs+	Th	9/7-10/19	9 a.m.-noon	\$46	PAC
55517	50 yrs+	M	10/23-12/4*	9 a.m.-noon	\$39	PAC
55519	50 yrs+	W	10/25-12/6**	1-4 p.m.	\$39	PAC
55520	50 yrs+	Th	10/26-12/7***	9 a.m.-noon	\$39	PAC

Drawing: Color/B&W

In this class instructed by Donna Levine, students can explore both black and white, and color media of their choice. Emphasis will be on technique, composition and learning to "see" color. Cost of materials will vary depending on the media you choose. Please bring one drawing medium and appropriate paper to the first class. *No class 11/20. 480-350-5211

55342	50 yrs+	M	9/11-10/16	12:30-3:30 p.m.	\$39	PAC
55522	50 yrs+	M	10/23-12/4*	12:30-3:30 p.m.	\$39	PAC

Pastel Painting

Instructor Alice Van Overstraeten covers a unique medium in a fun environment where you will produce beautiful art with intense color. Please bring supplies to the first class. For a list of supplies, visit www.tempe.gov/pyle or the Pyle Center front desk. *No class 11/23. 480-350-5211

55346	50 yrs+	Th	9/7-10-19	1-4 p.m.	\$44	PAC
55526	50 yrs+	Th	10/26-12/14*	1-4 p.m.	\$44	PAC

Watercolor Painting

Emphasis is on the use of materials as they apply to still life, landscape and portraiture. Class requires additional materials. Approximate cost of materials is \$40-\$45 depending on projects selected. For a list of supplies, visit www.tempe.gov/pyle or the Pyle Center Front Desk. Please bring materials to the first class. *No class 11/21. Instructor: Donna Levine. 480-350-5211

55360	50 yrs+	T	9/5-10/17	1-4 p.m.	\$47	PAC
55534	50 yrs+	T	10/24-12/5*	1-4 p.m.	\$40	PAC

Watercolor Painting: Introduction

Tips and tricks to get you started in watercolor painting. Class requires additional materials. Approximate cost of materials is \$40-\$45. For a list of supplies, visit www.tempe.gov/pyle or the Pyle Center Front Desk. Please bring materials to the first class. *No class 11/21. Instructed by Alice Van Overstraeten.

480-350-5211						
55361	50 yrs+	T	9/5-10/17	9 a.m.-noon	\$47	PAC
55535	50 yrs+	T	10/24-12/12*	9 a.m.-noon	\$47	PAC

Boating

Boom Kayak

Are you looking for a fun way to stay active and beat the weekend warriors? Join us during the week and our certified instructors will focus on physical fitness and basic stroke technique in a low-stress/low-impact fun environment. Fee: \$30. 480-350-8069

55914	50 yrs+	W	10/11	9-11 a.m.	TTLM
55915	50 yrs+	W	10/25	9-11 a.m.	TTLM
55916	50 yrs+	W	11/8	9-11 a.m.	TTLM

Business & Computers

Finances 101: Budgeting, Managing Credit and Debt, and Saving and Protecting

Are you struggling to make ends meet? Is your credit card debt mounting? Do you need help controlling, improving or protecting your finances? This presentation by AARP will give you the tools, support and resources you need. Fee: None. 480-350-5500

55839	50 yrs+	Sa	9/9	10-11:30 a.m.	LBRC
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Activities for Adults (50+ Years)

iPhone/iPad Basics

We will go over the basics of how an iPhone/iPad works and how to use multi-touch gestures to increase your iPhone/iPad productivity. iPads will be provided for hands-on activities. This is an introduction level class for iOS operating system. Fee: None. 480-350-5802.

55837 50 yrs+ W 10/18,10/25 10-11:30 a.m. PAC

Technology for Seniors

Technology can be challenging. This class will answer frequently asked questions: How do I move pictures from my iPhone to my computer? How do I attach a picture to a text message? Do I need more storage? and more. This class will focus on using iPads. Intermediate computer and iPad skills are recommended. Fee: None. 480-350-5500

55838 50 yrs+ T 10/24-11/14 2-3:30 LMRB

Dance, Music & Theater

Line Dance; Beginning

A perfect class for the beginner who would like to learn the fun and easier dances at a slower pace. Focus is on form, technique and terminology in a fun and friendly environment. No partner necessary. *No class 11/21. Instructor: Fran Dewar. 480-350-5211

55344 50 yrs+ T 9/5-10/17 1:30-2:30 p.m. \$28 PAC

55524 50 yrs+ T 10/24-12/12* 1:30-2:30 p.m. \$28 PAC

Line Dance; Intermediate

A continuing class for those who feel they have mastered the basics and want more of a challenge. Focus is on rhythms, patterns and styles as you move to the music. No class *11/21. Instructor: Fran Dewar. 480-350-5211

55345 50 yrs+ T 9/5-10/17 2:30-3:30 p.m. \$28 PAC

55525 50 yrs+ T 10/24-12/12* 2:30-3:30 p.m. \$28 PAC

Readers Theatre Acting Workshop and Performance

Join the Essential Theatre Company in the reading of the American classic, It's a Wonderful Life. The play will be performed with script in hand. Must be able to attend all sessions and the performance. Register by email to tplprograms@tempe.gov. Include "Readers Theatre" in the subject and your name and phone number in the body. *No class 10/27. Fee: None. 480-350-5500

No Code 50 yrs+ F 9/5-11/10* 10 a.m.-noon LMRA

Performance Open to the Public

No Code All Ages M 11/13 6-7:30 p.m. LMRA

Like Us on Facebook!

www.facebook.com/TempeFun

Tap Dance; Beginning

This beginning level class will teach you the basic Tap steps as you put them together to create a fun dance routine. Lots of fun, and great exercise. *No class 11/20, 11/23. Instructor: Jana Moore. 480-350-5211

55355 50 yrs+ M/Th 9/7-10/19 M 10:30-11:25 a.m.
Th 11:15 a.m.-12:10 p.m.
PAC \$39

55531 50 yrs+ M/Th 10/23-12/14* M 10:30-11:25 a.m.
Th 11:15 a.m.-12:10 p.m.
PAC \$42

Tap Dance; Intermediate

Get fit while having fun. Learn fundamental Tap technique and steps, and then choreograph them for muscle memory. Start tapping your way to fitness. *No class 11/21, 11/23.

Instructor: Jana Moore. 480-350-5211

55356 50 yrs+ T/Th 9/5-10/19 9:10-10:05 a.m. \$42 PAC

55532 50 yrs+ T/Th 10/24-12/14* 9:10-10:05 a.m. \$42 PAC

Tap Dance; Performance

Take the fundamental Tap dance technique and steps that you've learned, and now focus on formations and polishing-up routines for performances. Must come prepared to have fun.

*No class 11/21, 11/23. Instructor: Jana Moore. 480-350-5211

55357 50 yrs+ T/Th 9/5-10/19 10:10-11:05 a.m. \$42 PAC

55533 50 yrs+ T/Th 10/24-12/14* 10:10-11:05 a.m. \$42 PAC

Health & Fitness

Adult Fitness

Step away from the stress in your life and come workout for an hour at Escalante Community Center. Workouts will occur in a small group setting. Participants will receive individual attention.

*No class 11/23. Fee: None. 480-350-5800

55784 50 yrs+ M 9/11-10/2 noon-1 p.m. ESCA

55785 50 yrs+ T 9/12-10/3 noon-1 p.m. ESCA

55786 50 yrs+ W 9/13-10/4 noon-1 p.m. ESCA

55787 50 yrs+ Th 9/14-10/5 noon-1 p.m. ESCA

55788 50 yrs+ M 10/16-11/6 noon-1 p.m. ESCA

55789 50 yrs+ T 10/17-11/7 noon-1 p.m. ESCA

55790 50 yrs+ W 10/18-11/8 noon-1 p.m. ESCA

55791 50 yrs+ Th 10/19-11/9 noon-1 p.m. ESCA

55792 50 yrs+ M 11/13-12/4 noon-1 p.m. ESCA

55793 50 yrs+ T 11/14-12/5 noon-1 p.m. ESCA

55794 50 yrs+ W 11/15-12/6 noon-1 p.m. ESCA

55795 50 yrs+ Th 11/16-12/7* noon-1 p.m. ESCA

Banner Brain Health Program

Banner Alzheimer's Institute and Banner Sun Health Research Institute have designed a program to boost brain health. This free 2.5 hour Brain Health Boot Camp reviews lifestyle factors related to brain health and teaches a variety of methods to exercise various cognitive domains of the brain. Limited to 20 people and requires pre-registration by calling 602-230-2273. Fee: None.

No Code 50 yrs+ T 10/10 9:30 a.m.-noon CSC

Register online at: www.tempe.gov/brochure

Activities for Adults (50+ Years)

Chair Fit and Fabulous

All levels welcome in this exercise class. Exercise at your own pace and comfort level, using a chair or standing. Fee: None.

480-858-2420

55959	50 yrs+	M	9/11-9/25	10:30–11:30 a.m.	CSC
55960	50 yrs+	M	10/2-10/30	10:30–11:30 a.m.	CSC
55961	50 yrs+	M	11/6-11/27	10:30–11:30 a.m.	CSC
55977	50 yrs+	M	12/4-12/18	10:30–11:30 a.m.	CSC

Chair Yoga

Unable to get up and down from the floor? You can still do Yoga. Learn to breathe slower and deeper, increase flexibility and strength, improve your memory, sleep better and boost your immune system. Some poses may be done either seated or standing with wall or chair as support. *No class 11/10, 11/22, 11/24. Instructor: Rebecca Auernheimer. 480-350-5211

55341	50 yrs+	W/F	9/6-10/20	9-10 a.m.	\$42 PAC
55521	50 yrs+	W/F	10/25-12/15*	9-10 a.m.	\$39 PAC

Eat Smart, Live Strong

Taught by Nutrition Education Professionals, this four week class will include gentle exercise, instruction on healthy food choices and a cooking demonstration with samples. Each participant will take home recipes and a free gift for attending. Fee: None.

480-858-2420.

55969	50 yrs+	T	11/14-12/5	10-11 a.m.	CSC
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Exercise Your Brain: BrainHQ

BrainHQ is an easy way to make brain health a priority. We will go over what BrainHQ is. This library resource uses trainings organized around the 6 core cognitive areas of Attention, Brain Speed, Memory, People Skills, Intelligence and Navigation. You will need a Tempe Public Library card. Computer and iPad skills are recommended. Fee: None. 480-350-5802

55835	50 yrs+	M	9/18, 9/25	10-11:30 a.m.	LMRB
55910	50 yrs+	Th	11/9, 11/16	10-11:30 a.m.	NCC

Exercise Your Brain:-Neurobics; Keep Your Brain Alive

Neurobics are mental exercises designed to create new neural pathways in the brain by using your senses. By using your senses in unexpected way, you can shake up your everyday routines.

Fee: None. 480-350-5802

55836	50 yrs+	T	9/19, 10/10	2-3:30 p.m.	LMRB
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Gentle Joint Cardio

Get up and go with this aerobics class that is safe, heart-healthy and gentle on the joints. Emphasis is on alignment, posture and having a good time. Workout includes low-impact movement, strength training with light weights and stretching exercises to energize your active lifestyle. Chair used during cool-down; no floor work. Instructor: Kim. *No class 11/22. Fee: \$27.

480-350-5200

55457	50 yrs+	W	9/6-10/18	10:30–11:30 a.m.	PAC
55458	50 yrs+	W	10/25-12/13*	10:30–11:30 a.m.	PAC

Gentle Yoga

This class will focus on breathing and relaxation techniques that will quiet the mind and relax the body. Students will practice the basic hatha yoga poses, focusing on those that stretch the muscles and improve balance and strength. *No class 11/21.

Instructor: Kim Killingsworth. 480-350-5211

55343	50 yrs+	T	9/5-10/17	12:15-1:15 p.m.	\$28 PAC
55523	50 yrs+	T	10/24-12/12*	12:15-1:15 p.m.	\$28 PAC

North Tempe Walking Club

Join the North Tempe Walking Club with two great options: join us Monday through Friday at Vista Del Camino Park at 6:30 a.m. and walk 3 to 6 miles or come to the North Tempe Multi-Generational Center and walk in the gym at your own pace. All Levels welcome. Fee: None. 480-858-6512.

No Code	50 yrs+	M-F	8/1-11/30	7:30-9 a.m.	NCC
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Pickleball; Drop-In, Escalante Community Center

There are two courts open for drop-in recreational games. All players must have a free facility membership and a valid fitness pass. Fitness pass cost: \$1 per visit, \$10 three month pass, \$25 year pass. NCC 480-858-6500. ESCA 480-350-5800.

No Code	50 yrs+	T	Ongoing	9 a.m.-2 p.m.	ESCA
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Seated Strength Training

Learn about things you can do with weights and bands while sitting to increase your strength. *No class 11/20, 12/4. **No class 11/23, 11/30. Instructor: Kim Killingsworth. 480-350-5211

55347	50 yrs+	M	9/11-10/16	9-9:45 a.m.	\$18 PAC
55348	50 yrs+	Th	9/7-10/19	10:15-11 a.m.	\$21 PAC
55527	50 yrs+	M	10/23-12/11*	9-9:45 a.m.	\$18 PAC
55528	50 yrs+	Th	10/26-12/14**	10:15-11 a.m.	\$18 PAC

Silver Sneakers Exercise Program

North Tempe offers a senior based exercise program in partnership with The Tempe YMCA and Healthways. The program is an insurance-based program that requires a Silver Sneakers card for access. Call 888-423-4632 for eligibility questions or to order a new card.

Circuit Class

The circuit class uses hand-held weights, strength bands and balls to engage each participant in low impact aerobic exercises as well as stretching relaxation exercises. Registration is not required.

Fee: None.

No Code	50 yrs+	M	Ongoing	9:30-10:30 a.m.	NCC
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Classic Class

The Classic class is designed to increase muscular strength, range of movement and activities for daily living. Registration is not required. Fee: None.

No Code	50 yrs+	W/F	Ongoing	9:30-10:30 a.m.	NCC
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Activities for Adults (50+)

Stretch & Tone

Haven't exercised in a while? Get back into the exercise routine with this gentle exercising and stretching program. Exercise at your comfort level either sitting in a chair or standing. *No class 11/20. **No class 9/19, 9/26, 11/7, 11/21. ***No class 9/20, 11/22. ****No class 10/20, 11/10, 11/22, 11/24. Instructor: Fran Dewar.

480-350-5211

55349	50 yrs+	M	9/11-12/18*	10:30-11:15 a.m.	\$36 PAC
55350	50 yrs+	T	9/12-12/19**	10:30-11:15 a.m.	\$28 PAC
55351	50 yrs+	W	9/13-12/20***	10:30-11:15 a.m.	\$33 PAC
55352	50 yrs+	F	9/15-12/22****	10:30-11:15 a.m.	\$28 PAC

Tai Chi; Body Balance I

Use Tai Chi movements and Qigong breathing exercises to relax and exercise the body. Emphasis is on balance and stability, but students will also learn basic stretching exercises to improve flexibility and strength. A Tai Chi Short Form that uses five major movements to exercise the body will be learned. Drop-in available: \$5. *No class 11/20. Instructor: Barbara Orr.

480-350-5211

55353	50 yrs+	M	9/11-10/16	11:45 a.m.-12:45 p.m.	\$26 PAC
55529	50 yrs+	M	10/23-12/11*	11:45 a.m.-12:45 p.m.	\$30 PAC

Tai Chi; Body Balance II

This is an introductory class in the Guang Ping Yang style of Tai Chi and will concentrate more on learning Tai Chi moves that will help you to gain balance and flexibility, while improving breathing and posture. Preferred prerequisite: Tai Chi/Body Balance I.

*No class 11/20. Instructor: Barbara Orr. 480-350-5211

55354	50 yrs+	M	9/11-10/16	12:50-1:50 p.m.	\$26 PAC
55530	50 yrs+	M	10/23-12/11*	12:50-1:50 p.m.	\$30 PAC

Toners & Shapers

This class is designed to strengthen and tone muscles and to increase flexibility. Class consists of a warm-up and stretch, strength-training exercise and a cool-down stretch and relaxation. Participants are encouraged to work at their own level and to provide their own weights upon instructor recommendation.

*No class 11/20. **No class 9/20, 11, 22. ***No class 9/22, 10/20, 11/10, 11/24. Instructor: Fran Dewar. 480-350-5211

55358	50 yrs+	M	9/11-12/18*	9:15-10:15 a.m.	\$33 PAC
55359	50 yrs+	W	9/13-12/20**	9:15-10:15 a.m.	\$39 PAC
55398	50 yrs+	F	9/15-12/22***	9:15-10:15 a.m.	\$33 PAC

Yin Yoga

Increase range of motion by sitting in gentle, passive yoga poses for several minutes each. This allows you to create space in the fascia (connective tissue which runs throughout the body), thereby releasing restriction. Suitable for beginners.

*No class 11/21. Drop-in available: \$5.

Instructor: Rebecca Auernheimer. 480-350-5211

55362	50 yrs+	T	9/5-10/17	8:05-9 a.m.	\$24 PAC
55536	50 yrs+	T	10/24-12/12*	8:05-9 a.m.	\$24 PAC

Yoga Nidra

Guided meditation received while reclining comfortably. Release stress and tension, calm the nervous system, rest deeply, and effortlessly float beyond the busy chattering mind. Helps to reach restorative levels of relaxation and find more ease in our daily lives. Suitable for beginners. Drop-in available: \$5.

*No class 11/23. Instructor: Rebecca Auernheimer. 480-350-5211

55363	50 yrs+	Th	9/7-10/19	8:05-9 a.m.	\$24 PAC
55537	50 yrs+	Th	10/26-12/14*	8:05-9 a.m.	\$24 PAC

Zumba for 50+

A fun workout that incorporates unique, Latin dance moves with up-beat Latin music. Zumba maximizes caloric output with fat-burning movements and adapts to your ability level with easy-to-follow dance steps so that you can have fun. Drop-in available:

\$5. *No class 11/21. **No class 10/20, 11/10, 11/24.

Instructor: Jana Moore. 480-350-5211

55364	50 yrs+	T	9/5-12/12*	11:10 a.m.-12:05 p.m.	\$48 PAC
55365	50 yrs+	F	9/8-12/15**	10:35-11:30 a.m.	\$41 PAC

Zumba Toning

This Zumba class adds resistance by using lightweight maraca-like Toning Sticks which enhance a sense of rhythm and coordination, while toning target zones including arms, core and lower body.

*No class 11/20. **No class 11/22. ***No class 10/20, 11/10, 11/24.

Instructor: Jana Moore. Drop-in available: \$5. 480-350-5211

55366	50 yrs+	M	9/11-12/11*	8:05-9 a.m.	\$44 PAC
55367	50 yrs+	W	9/6-12/13**	8:05-9 a.m.	\$48 PAC
56345	50 yrs+	F	9/8-12/15***	8:05-9 a.m.	\$41 PAC

Social Activities

For additional information on the following Cahill Senior Center special events and menus, please refer to the monthly Roadrunner Chronicle, or call 480-858-2420.

\$1 Appetizers

Join us for an appetizer before we play bingo at 1 p.m. Please call for weekly menu. Register by the Thursday before each event.

Fee: \$1. 480-858-2420

55927	50 yrs+	M	9/11	noon	CSC
55928	50 yrs+	M	9/18	noon	CSC
55929	50 yrs+	M	9/25	noon	CSC
55930	50 yrs+	M	10/2	noon	CSC
55931	50 yrs+	M	10/9	noon	CSC
55932	50 yrs+	M	10/16	noon	CSC
55933	50 yrs+	M	10/23	noon	CSC
55934	50 yrs+	M	10/30	noon	CSC
55935	50 yrs+	M	11/6	noon	CSC
55936	50 yrs+	M	11/13	noon	CSC
55937	50 yrs+	M	11/20	noon	CSC
55938	50 yrs+	M	11/27	noon	CSC
55939	50 yrs+	M	12/4	noon	CSC
55974	50 yrs+	M	12/11	noon	CSC
55975	50 yrs+	M	12/18	noon	CSC

Activities for Adults (50+)

Birthday Bingo

Bring your lunch and join us as we celebrate the month's birthdays. Cake and Ice Cream will be provided. Play Bingo for grocery prizes. Fee: \$1 for RTA members, \$2 for non-members. 480-858-2420

55940	50 yrs+	Th	9/14	11:30 a.m.	CSC
55941	50 yrs+	Th	10/12	11:30 a.m.	CSC
55942	50 yrs+	Th	11/9	11:30 a.m.	CSC
55976	50 yrs+	Th	12/14	11:30 a.m.	CSC

Brunch & Bunco

Join us for a delicious brunch and a game of Bunco with prizes. Register by the Monday before each date. Fee: \$4 for RTA members; \$5 for non-members. 480-858-2420

55924	50 yrs+	W	9/13	10 a.m.	CSC
55925	50 yrs+	W	10/11	10 a.m.	CSC
55926	50 yrs+	W	11/8	10 a.m.	CSC
55973	50 yrs+	W	12/13	10 a.m.	CSC

Fabulous Friday's \$3 Homemade Lunch

Join us for fresh and delicious Friday Lunches at the Cahill Senior Center. Please call for weekly menu. Register by the Wednesday before each event. Fee: \$3. 480-858-2420

55944	50 yrs+	F	9/1	11:30 a.m.	CSC
55945	50 yrs+	F	9/8	11:30 a.m.	CSC
55946	50 yrs+	F	9/15	11:30 a.m.	CSC
55947	50 yrs+	F	9/22	11:30 a.m.	CSC
55948	50 yrs+	F	10/6	11:30 a.m.	CSC
55949	50 yrs+	F	10/13	11:30 a.m.	CSC
55950	50 yrs+	F	10/20	11:30 a.m.	CSC
55951	50 yrs+	F	11/3	11:30 a.m.	CSC
55952	50 yrs+	F	12/1	11:30 a.m.	CSC
55953	50 yrs+	F	12/29	11:30 a.m.	CSC

Pokeno and Bagels

Pokeno is a game that is a combination of poker and keno, though it is pretty much like playing Bingo with standard playing cards. Join us for a morning of fun games and prizes. Fee: \$2. 480-858-2420

55965	50 yrs+	W	9/6	10 a.m.	CSC
55966	50 yrs+	W	10/4	10 a.m.	CSC
55967	50 yrs+	W	11/1	10 a.m.	CSC

Special Event Luncheons

Join us on the last Friday of every month for a home cooked meal, entertainment and good company. Themes for each month will be announced in the Roadrunner Chronicle Newsletter or visit www.tempe.gov/cahill for more information. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

55954	50 yrs+	F	9/29	11 a.m.	CSC
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Special Event: Halloween Party

Join us for a scary good time and come dressed in your spooky finest for our costume contest. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

55955	50 yrs+	F	10/27	11 a.m.	CSC
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Special Event: Thanksgiving Luncheon

Gather with friends and give thanks at Cahill's Thanksgiving Day Feast. Menu: Roast turkey, dressing, mashed potatoes and gravy, vegetables, and pumpkin pie. Fee: \$6.50 for RTA members; \$7.50 for non-members. 480-858-2420

55956	50 yrs+	F	11/17	11 a.m.	CSC
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Special Event: Holiday Tea

Begin this holiday season with an elegant afternoon tea. Sample a variety of teas with delicate pastries and finger sandwiches. Fee \$8 for RTA members; \$9 for non-members. 480-858-2420

55921	50 yrs+	F	12/8	1 p.m.	CSC
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Special Event: White Elephant Luncheon

Join us for a delicious homemade lunch and dessert with Holiday spirit. Bring a wrapped gift (re-gift something from home in excellent condition) to exchange during our Cahill White Elephant Party. Fee: \$4. 480-858-2420

55922	50 yrs+	F	12/15	10:30 a.m.	CSC
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Special Event: Holiday Luncheon

Come for some holiday cheer with a meal of spiral cut ham, scalloped potatoes, green beans, salad, dinner roll, and dessert. Fee \$5 for RTA members; \$6 for non-members. 480-858-2420

55920	50 yrs+	F	12/22	11 a.m.	CSC
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